

Fifty PLUS

Columbus Recreation and Parks Department's
newsletter for *residents ages 50 and older*

Recreation and Parks Updates

Senior Programs, Classes and Fitness Centers
Canceled/Closed for Summer 2020

Columbus Recreation and Parks Department's senior programs and facilities serve a vital role in our community. Our senior centers serve as a hub for elders to join together for fun, friendship and even surrogate family connections, in addition to providing access to valuable, life-sustaining resources for many participants. Because we understand this, our decision to close facilities and cancel or postpone programs during the COVID-19 public health emergency was a difficult one, however, it was necessary to ensure the health and safety of all our participants.

Over the past several weeks, we have consulted with Columbus Public Health regarding options for safely reopening our programs and facilities, especially those services which serve as a lifeline for residents. We looked at every program and facility to see how we could make it available, while also ensuring the

safety of participants. After thoughtful review, we determined that it was necessary to keep all senior centers and programming closed/canceled for the summer, to include all 50+ programs, center classes and events, along with fitness centers. The Golden Hobby Shop will remain closed for the summer as well.

We believe that this decision will best protect our most vulnerable participants during these unprecedented times, and we look forward to serving you through our senior programs once it is deemed safe to do so. In the meantime, be sure to check out the community resources listed in this month's issue.

For updates about senior and 50+ programming, visit ColumbusRecParks.com, sign-up for email updates and follow us on social media.

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Stay safe while you shop with special senior hours and curbside pick-up.

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Take care of your mental health with these tips and resources.

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Food Programs

Need help putting food on the table? Check out these free programs and services.

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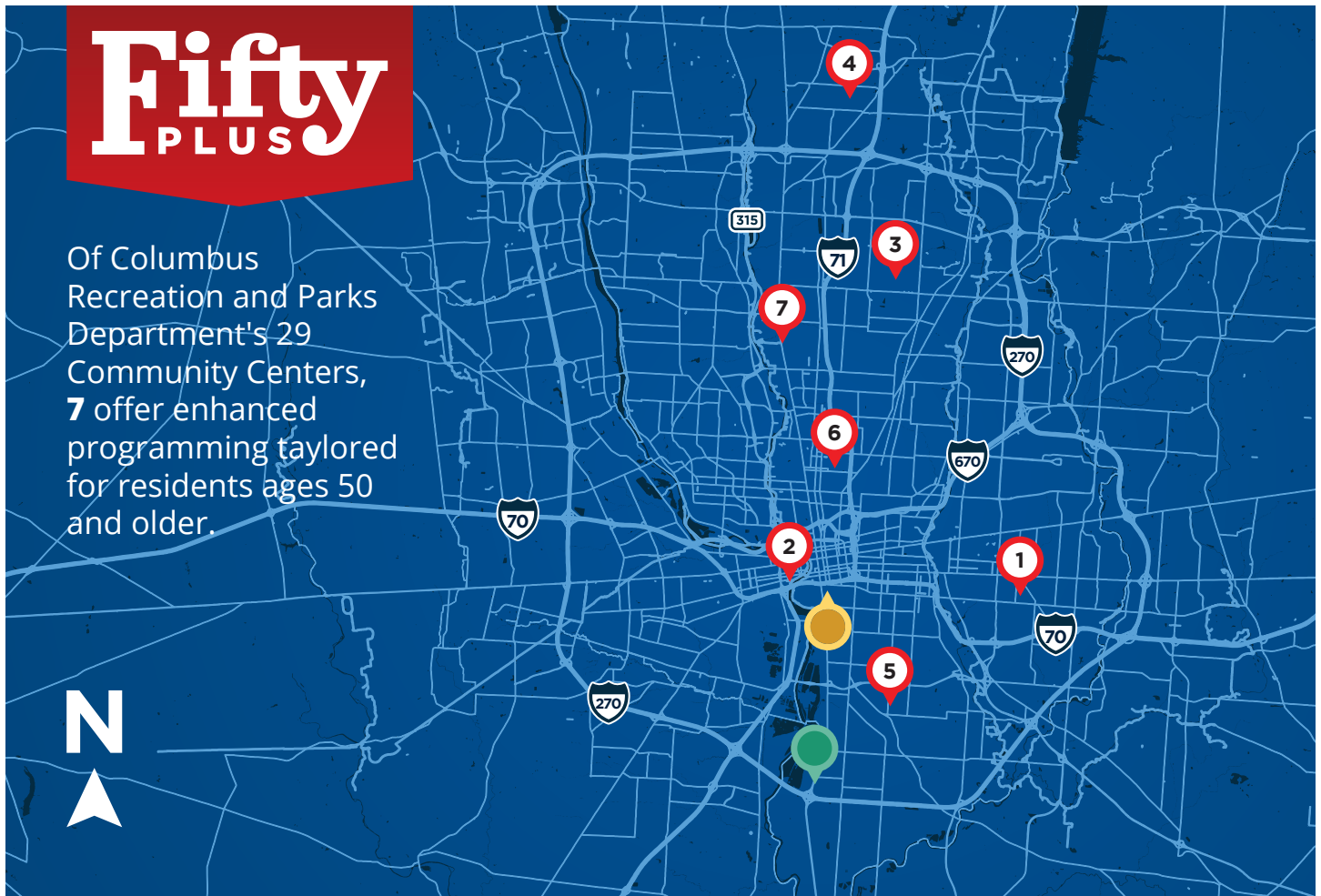
Games

Exercise your mind with this month's crossword and word search.

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Fifty PLUS

Of Columbus Recreation and Parks Department's 29 Community Centers, **7** offer enhanced programming tailored for residents ages 50 and older.



PLEASE NOTE: Due to the public health emergency, our community centers are currently closed to the general public and all senior programming has been canceled. Please visit our ColumbusRecParks.com for updates.

- | | | |
|---|---|---|
| <p>1 BARNETT COMMUNITY CENTER
1184 Barnett Rd. 43227
(614) 645-3065
Temporarily Closed</p> | <p>4 LAZELLE WOODS COMMUNITY CENTER
8140 Sancus Blvd. 43081
(614) 645-5330
Temporarily Closed</p> | <p>7 WHETSTONE COMMUNITY CENTER
3923 N. High St. 43214
(614) 645-3217
Temporarily Closed</p> |
| <p>2 DODGE COMMUNITY CENTER
667 Sullivant Ave. 43215
(614) 645-3176
Temporarily Closed</p> | <p>5 MARION FRANKLIN COMMUNITY CENTER
2801 Lockbourne Rd. 43207
(614) 645-3612
Temporarily Closed</p> | <p>CENTRAL OHIO AREA AGENCY ON AGING (COAAA)
3776 S. High St. 43207
(614) 645-7250
Call for additional information</p> |
| <p>3 GILLIE COMMUNITY SENIOR CENTER
2100 Morse Rd. 43229
(614) 645-3106
Temporarily Closed</p> | <p>6 MARTIN JANIS COMMUNITY SENIOR CENTER
600 E. 11th Ave. 43211
(614) 645-5954
Temporarily Closed</p> | <p>GOLDEN HOBBY GIFT SHOP
630 S. Third St. 43206
(614) 645-8329
Temporarily Closed</p> |



PROGRAM UPDATES

Gram & Gramp Camp

CANCELED

Gram & Gramp Camp has been canceled due to the public health emergency. Campers have been notified and refunds are being processed.

50+ Creative Arts Event

POSTPONED / DATE TBD

This event has been postponed from its previously scheduled May date.

We are working on plans to reschedule it this fall, should Columbus Public Health guidelines permit. Be sure to check future newsletters for updates.

Stay active, stay healthy and enjoy the resources and information we are able to provide this month.



LOCAL SHOPPING

Special Store Hours for Seniors and Those at Risk:

BY CENTRAL OHIO AREA AGENCY ON AGING (COAAA)

BIG LOTS

First hour of opening for senior shopping; also offering curbside pick-up*

COSTCO

Special senior hours:
8:00 – 9:00 AM on Tuesdays and Thursdays

CVS

Offering free delivery on prescriptions and other everyday essentials*

DOLLAR GENERAL

First hour of opening for seniors*

FRESH THYME

Special senior hours:
6:00 – 8:00 AM on Monday, Wednesday and Friday.
Also offering special shopping hours for health care workers and first responders. I.D. is required. 6:00 – 8:00 AM on Tuesdays and Thursdays

GIANT EAGLE

Opens at 6:00 AM on Mondays and Wednesdays for special senior hours

HOLLYWOOD FEED

Free delivery on any order (any dollar amount) of cat and dog food. Call 888-816-8691 or order online at hollywoodfeed.com.

KROGER

Monday – Thursday
7:00 – 8:00 AM; also offering free pick-up for online ordering

MCDONALD'S

Some McDonald's locations are offering free drive-thru meals for seniors in need.*

MEIJER

Tuesdays and Thursdays
7:00 – 8:00 AM

MENARDS

New hours:
Monday – Saturday
6:00 AM – 8:00 PM
Sunday 8:00 AM – 7:00 PM

OLLIE'S

Special senior hours:
Monday – Saturday
9:00 – 10:00 AM
Sunday 10:00 – 11:00 AM

PETSMART

Offering curbside pick-up with online ordering

>>> CONTINUED ON PAGE 4

TARGET

First hour of opening every Wednesday for seniors*

TRADER JOE'S

9:00 – 10:00 AM daily

WALGREENS:

Offering drive-thru shopping to safely pick up prescriptions and select household essentials; also offering free prescription delivery

Stores Hours:

9:00 AM – 9:00 PM*

WALMART

First hour of store opening every Tuesday*

WHOLE FOODS

Senior shopping one hour before store opens*

WILD BIRDS UNLIMITED

Offering Curb-side pick-up and call-in ordering

*Call your local store for details

MENTAL HEALTH CARELINE AND HEALTH DEPARTMENT CALL LINE

The Ohio Department of Mental Health and Addiction Services (MHAS) announced the launch of a new mental health COVID CareLine for Ohioans.

Trained staff will be available to provide emotional assistance to anyone struggling with mental health concerns due to the ongoing stress of the pandemic. The number to call is **1-800-720-9616**. All calls will be confidential.

FEELING LONELY OR ISOLATED?

The Clintonville-Beechwold Community Resource Center, Age-Friendly Columbus and Franklin County, Greater Columbus Network of Villages, and Clintonville Community Resource Center are all partnering to offer a phone line to senior citizens who are looking for a friendly conversation. During these times of social distancing, the phone line is a resource to combat loneliness. The number is **614-993-3614**. Older adults may call Monday – Friday from 9 AM – 5 PM.

Manage Stress Through Music

SOURCE: STATEPOINT

In these unusual times, music can benefit your mood and mental health by serving as a valuable creative outlet, a means for practicing mindfulness and a great way to connect with others. Here are four ways to incorporate music into your life without leaving the house:

- Too much time spent scrolling through social media can induce anxious feelings. Allow music to provide a healthy distraction from digital devices. Carve out

a block of time each day to practice your instrument.

- Get a fun, easy and most importantly, stress-free introduction to music-making with the right tools. By connecting a Casio keyboard with lighted keys to the Chordana Play App or using the app's keyboard, beginners can gain a better understanding of music study. The app displays the music score and piano roll notation for built-in songs and MIDI files, allowing

you to select which tracks to play with your left and right hands.

- Social distancing doesn't have to be antisocial. Connect with fellow musicians from the comfort and safety at home by hosting a virtual jam session.
- Expressing yourself creatively is one of the best tools for kicking stress to the curb, and making music in no exception. Write your own melodies or even develop them into songs.



FOOD PROGRAMS

Senior Options: Meal Requests

FROM FRANKLIN COUNTY OFFICE ON AGING

FRANKLIN COUNTY SENIOR OPTIONS AND MEMORIAL BAPTIST CHURCH PARTNER TO PROVIDE MEALS TO WESTSIDE SENIORS

While we are sheltering in place, the Franklin County Office on Aging is working to make sure residents 60 or over who are struggling to access food know that home-delivered meals are available to them.

Now through July 1, 2020, Franklin County Senior Options is making it easier than ever to receive hot or frozen home-delivered meals with no income verification required. To spread the word to residents in the 43204 zip code, the agency is partnering with Memorial Baptist Church, located at 2435 Eakin Road.

The staff at Memorial Baptist Church will help answer questions about the emergency home-delivered meals and direct interested seniors to Franklin County Senior Options. For more information about home-delivered meals in the 43204 zip code, call Memorial Baptist Church at 614-274-7551 on Mondays, Wednesdays and Thursdays,

between 9:00 a.m. and 2:00 p.m.

To request home-delivered meals and other available services outside of the 43204 zip code, call Senior Options at 614-525-6200, Monday - Friday, 9:00 a.m. to 4:30 p.m. Senior Options is a levy-funded program administered by the Franklin County Office on Aging, which helps Franklin County residents age 60 and older maintain their independence. It also supports family members with the often overwhelming task of caring for a frail older parent, family member or friend with limited abilities.

Senior Options has been providing community-based services since 1993. These services include home-delivered meals, homemaker services, personal care, respite care, adult day care emergency response systems and minor home repair.

Senior Farmers Market Nutrition Program

FROM LIFECARE ALLIANCE

Due to the public health emergency, the 2020 Senior Farmers Market Nutrition Program

(SFMNP) will not be operating as usual. For 2020, rather than distributing SFMNP coupons, we will be delivering \$50 produce boxes to eligible participants accepted into the program. Produce boxes will be delivered on a first come, first served basis. Funding is available to deliver produce boxes to approximately 5,500 central Ohioans.

HOW TO APPLY TO RECEIVE A \$50 SFMNP PRODUCE BOX?

Hard copy applications are accepted by mail or fax.

Mail to:

LifeCare Alliance
Attention: SFMNP
670 Harmon Ave.
Columbus, OH 43223

Fax:

614-278-3143

PLEASE NOTE: Applications may not be hand-delivered to LifeCare Alliance.

Electronic applications will be accepted via the LifeCare Alliance website after June 5. To fill out the electronic application and for more information, visit: <https://www.lifecarealliance.org/programs/meals-on-wheels/farmers-market/>

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WHERE CAN I GET A PRINTED APPLICATION?

Paper copies of the applications will be available outside the main entrance of the following locations in each participating county:

FRANKLIN COUNTY

LifeCare Alliance, 670 Harmon Ave., Columbus, OH 43223

FAIRFIELD COUNTY

Meals-on-Wheels of Fairfield County, 1515 Cedar Hill Rd., Lancaster, OH 43130

FAYETTE COUNTY

Community Action Center, 1400 County Highway 22, Washington CH, OH 43160

LICKING COUNTY

Licking County Aging Program, 1058 E. Main St., Newark, OH 43055

MADISON COUNTY

Madison County Health Department, 306 Lafayette St., London, OH 43140

PICKAWAY COUNTY

Community Action Organization, 469 E. Ohio St., Circleville, OH 43113

UNION COUNTY

Union County Senior Services, 940 London Ave., Marysville, OH 43040

ELIGIBILITY

You are eligible for this program if you are 60 years of age or older AND have an annual household income that is 185% of the poverty level or less:

- **Single-person household:** \$23,107 and under

- **2-person household:** \$31,284 and under
- **3-person household:** \$39,461 and under
- **4-person household:** \$47,638 and under
- **5-persons household:** \$55,815 and under
- **6-persons household:** \$63,992 and under

For more information, call us at 614-437-2865. **Please note:** This is a voicemail-only number. Calls will be returned within 48 hours.

<https://www.lifecarealliance.org/programs/meals-on-wheels/farmers-market/>

Drive-Thru Food Pantries in Franklin County

Residents may apply for food assistance from Franklin County Department of Job and Family Services by calling **1-844-640-6446** or visiting www.benefit.ohio.gov. Below is a list of free food pantries with pre-packaged food baskets that are offering drive-thru options.

Please call your local food pantry in advance and bring required paperwork.

NEIGHBORHOOD SERVICES INC.

1950 N. 4TH STREET | 614-297-0592

Locations: All zip codes served

Details: Tues., Wed., Thurs. and Fri.: 11 AM–5 PM
Sat: 9 AM–1 PM

HEART TO HEART FOOD PANTRY

1320 CAMBRIDGE BLVD | 614-488-0681

Locations: 43201, 43202, 43210, 43211

Details: Tues.: 8:30 AM–1 PM
Thurs.: 8:30 AM–1 PM

BISHOP GRIFFIN CENTER

2875 E. LIVINGSTON AVE | 614-338-8220

Locations: 43209, 43213, 43219, 43232, 43227

Details: Wed.: 9 AM–11:30am
Fri.: 2 PM–4:30 PM

ST.STEPHENS COMMUNITY HOUSE

1500 E.17TH AVENUE | 614-294-6347

Locations: All zip codes served

Details: Mon., Wed. and Fri.: 12pm–3pm
Tues. and Thurs.: 3 PM–6 PM

GLADDEN FOOD PANTRY

318 S. GLENWOOD AVE | 614-228-2498

Locations: 43222, 43223, 43215

Details: Mon., Tues., Thurs. and Fri.: 9 AM–3 PM
Wed: 1 PM–3 PM

KROGER COMMUNITY PANTRY

3960 BROOKHAM DRIVE | 614-317-9487

Locations: All zip codes served

Details: Tues., Thurs. and Fri.: 8:30 AM–12pm
Wed.: 8:30 AM–12 PM and 5–7 PM
Sat.: 8:30 AM–1:30 PM

INPREM RESOURCE CENTER & FOOD PANTRY

5757 KARL ROAD | 614-516-1812

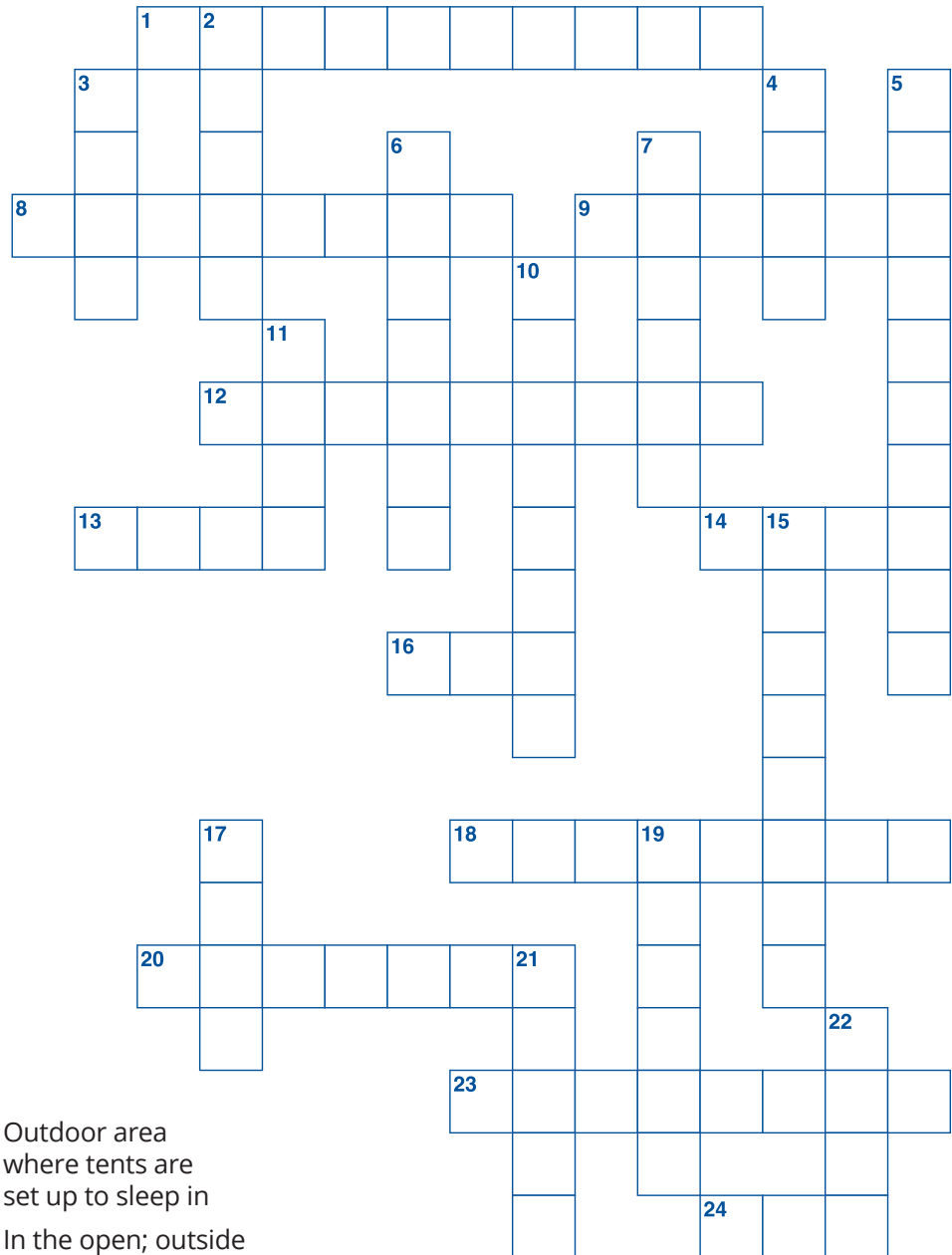
Locations: All zip codes served
Details: Mon.–Fri.: 11 AM–7 PM



CROSSWORD

Across

- 1 Ceremony at which a diploma is given or received
- 8 Period of rest from school, work or other activities
- 9 Social gathering at which food is eaten outdoors
- 12 Plant or take care of a garden
- 13 Short journey from one point to another
- 14 Flat sandal with thong between toes
- 16 Something that gives pleasure or enjoyment
- 18 Land that borders the ocean
- 20 Trying to catch a fish
- 23 Game played with a bat, ball and two teams
- 24 Father's ____ June 21st holiday



Down

- 2 Release from effort
- 3 June 14th holiday ____ Day
- 4 Sixth month of the year
- 5 Activity that is relaxing or fun
- 6 Day on which most people do not work
- 7 Take a long walk in the country for fun or exercise
- 10 Bright light of the sun
- 11 Outdoor area where tents are set up to sleep in
- 15 In the open; outside
- 17 Move through the water by moving parts of the body
- 19 Warmest season of the year
- 21 Green plant that often covers lawns and meadows
- 22 Activity intended for amusement

Crossword created by Evelyn Johnson | www.gets.com

ANSWERS

10	SUNSHINE	22	PLAY	7	HIKING	14	ZORI
11	CAMP	21	GRASS	6	HOLIDAY	13	TRIP
12	OUTDOORS	19	SUMMER	5	RECREATION	12	GARDENING
13	SWIM	17	WINTER	4	JUNE	9	PICNIC
14	RELAX	15	SWIM	3	FLAG	8	VACATION
15	SEASHORE	11	CAMP	2	RELAX	1	GRADUATION
16	FUN	10	SUNSHINE	1	GRADUATION	14	ZORI
17	HIKING	22	PLAY	6	HOLIDAY	13	TRIP
18	RECREATION	21	GRASS	5	RECREATION	12	GARDENING
19	JUNE	19	SUMMER	4	JUNE	9	PICNIC
20	FLAG	17	WINTER	3	FLAG	8	VACATION
21	RELAX	15	SWIM	2	RELAX	1	GRADUATION
22	SEASHORE	11	CAMP	1	GRADUATION	14	ZORI
23	FUN	10	SUNSHINE	6	HOLIDAY	13	TRIP
24	HIKING	5	RECREATION	4	JUNE	12	GARDENING
		3	FLAG	2	RELAX	9	PICNIC
		1	GRADUATION	14	ZORI	8	VACATION
		6	HOLIDAY	13	TRIP	1	GRADUATION
		5	RECREATION	12	GARDENING		
		4	JUNE	9	PICNIC		
		3	FLAG	8	VACATION		
		2	RELAX	1	GRADUATION		
		1	GRADUATION				



WORD SEARCH

P F I E L D A T R I E O T I
P A T R I O T I C E S N M I
S S S U P P O R T U I N U G
E R Y U O U R C O L U N T J
V R A S R A T S Y B A L L T
A H E I T I D R A Y L A H E
W M E R S A N D S Y O U L R
G F O E V E E T F E R G U N
M I E D N T R E S I A N S R
T N W H I I G A F E F Y E E
N I I H P D L L T U M T D W
E A W E E U A S R B E R Y O
V L S L T G E L O S I T F L
D L P E Q M R L W F F L P T

Topic: Flag Day

Find these words

Blue
Eagle
Field
Fifty
Finial
Flag

Halyard
June
Lower
Patriotic
Pledge
Raise

Red
Salute
Stars
Stripes
Symbol
Unfurl

USA
Wave
White

SPACE RESERVED
FOR ADS

SPACE RESERVED
FOR ADS

SPACE RESERVED
FOR ADS



	PRSR STD
	US POSTAGE PAID
	COLUMBUS OH
	PERMIT NO. 719

Masks = Kindness

Did you know you can make a mask at home? You can use common household items such as an old T-shirt or fabric to make a mask.

Visit the website
FaceMasksForUs.com
to learn how!

Seniors Cover Columbus

COORDINATED BY COMMUNITY CENTER STAFF

CALLING ALL SENIORS WHO SEW!
We miss seeing you at our centers during these unprecedented times and would love to connect with you on an incredibly special project.

Seniors Cover Columbus is asking for donated cloth face coverings, made by you, to be distributed all over the City of Columbus.

We know many of you have already been producing these cloth masks, which is making such a difference in our community! Columbus Recreation and Parks would like

to help share your creations with those in our city who do not have access to proper face coverings and local organizations who need help SAFELY re-opening our economy.

Our hope is to connect Columbus through your amazing creativity while helping to keep our city safe. For more information, please contact Stefanie Schirtzinger smschirtzinger@columbus.gov or **614-645-3264**; or Mo Murphy at mamurphy@columbus.gov or **614-645-3151**.